



SECTION ONE Standard House Diets

Diet manual

Liquid Diet

Diabetic Full Liquid Diet

General Description

This diet contains any foods or beverages that are liquid at room temperature. In addition, the amount and distribution of carbohydrate in the diet will be consistent with amounts provided in a traditional 1800-2000 calorie diabetic diet. Afternoon and evening snacks will be included to support a stable and controlled blood glucose level.

Indications for Use

This diet is indicated for patients with diabetes who require full liquids:

- To provide a transition between clear liquids and solid foods when progressing consistency in a diet.
- To provide oral nutritional intake for a patient with a fractured mandible, or after having dental, or any surgery, to the face-neck area that results in limited ability to chew solid foods.
- To provide oral nutritional intake for a patient unable to tolerate solid food.

Nutritional Adequacy

In comparison to the Recommended Dietary Allowances, this diet, in unsupplemented form, may be inadequate in all nutrients except ascorbic acid, and calcium. The protein content should be adequate if milk products provided are consumed. The diet is high in lactose, and may be contraindicated in some cases of lactose intolerance. The lactose content may be lowered by substituting lactose-hydrolyzed milk or lactose-free nutritional supplements. The diet may be modified for fat, cholesterol, sodium, carbohydrate, and/or other dietary restrictions.

When the full liquid diet is used for an extended period of time, nutritional supplements should be included to provide an adequate nutrient intake. Some supplement are specifically formulated for persons with glucose intolerance. The Enteral Formulary contains a list of acceptable supplements for the diabetic full liquid diet.

Guidelines

FOODS ALLOWED and *FOODS NOT ALLOWED* for the Diabetic Full Liquid Diet are the same as for the Full Liquid Diet. Note that although regular (sugar-sweetened) items are allowed on this diet, artificially-sweetened items may be substituted in order to control total carbohydrate intake. Examples would include aspartame-sweetened yogurt, jello, and sodas.

Diabetic Full Liquid Diet

Suggested Meal Plan

Breakfast	Lunch	Dinner
1 Serving Juice	1 Serving Juice	1 Serving Juice
1 Serving Hot Cereal	1 Serving Strained Soup	1 Serving Strained Soup
1 Serving Jello	1 Serving Allowed Dessert*	1 Serving Allowed Dessert*
1 Serving Milk	1 Serving Milk	1 Serving Milk
Coffee/Tea	Coffee/Tea	Coffee/Tea
Sugar/Sugar Sub [†]	Sugar/Sugar Sub [†]	Sugar/Sugar Sub [†]
Afternoon Snack	HS Snack	
1 Serving Allowed Dessert*	1 Serving Juice	
	1 Serving Allowed Dessert*	

* See note under Guidelines about allowed foods.

[†] Regular sugar (providing 4 gm CHO per packet) is acceptable on a diabetic full liquid diet, but sugar substitute will be provided as requested by the patient.

Carbohydrate content of the suggested full liquid meal plan, including 1 packet sugar per meal, is approximately 60-75 grams per meal and 25-40 grams per snack. The total carbohydrate content of this meal plan is consistent with the amount provided in a traditional 1800-2000 calorie diabetic diet. While many patients become concerned about the sugar content of foods provided on this diet, they should be reassured that it is the total carbohydrate content of the diet that influences blood sugar and not the source of the carbohydrate (refined versus complex carbohydrate). The total amount of carbohydrate in this diet plan is acceptable for promoting a stable, controlled blood glucose level.

References

1. See those listed under CLEAR LIQUID DIET and MODIFIED DIET FOR DIABETES MANAGEMENT.